Eau Claire City-County
Health Department

Who needs to Quarantine?

Quarantine is used to separate someone who might have been exposed to COVID-19 and may develop illness. This slows the spread of COVID-19 by reducing the chance of spread to others before the person in quarantine knows they are sick. The Wisconsin Department of Health Services has released three possible quarantine lengths. **Note that a shorter quarantine may not be the safest choice for everyone.** Shorter quarantine lengths still require consistent wearing of masks, maintaining 6 ft distance, and daily symptom monitoring.

People who have been in "**close contact**" with someone who has COVID-19 must quarantine. **The safest option is still a full 14-day quarantine.** This helps to prevent spread of the virus before people have symptoms or know they are sick. It can take up to 14 days for symptoms to appear.

What is a **"close contact"?** You are a close contact if any of the bullets below happened while you spent time with a person with COVID-19 (even if they didn't have symptoms and were wearing a mask):

- You were within 6 feet of someone with COVID-19 for a total of 15 minutes or more in a single day
- Slept overnight at the person's house
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
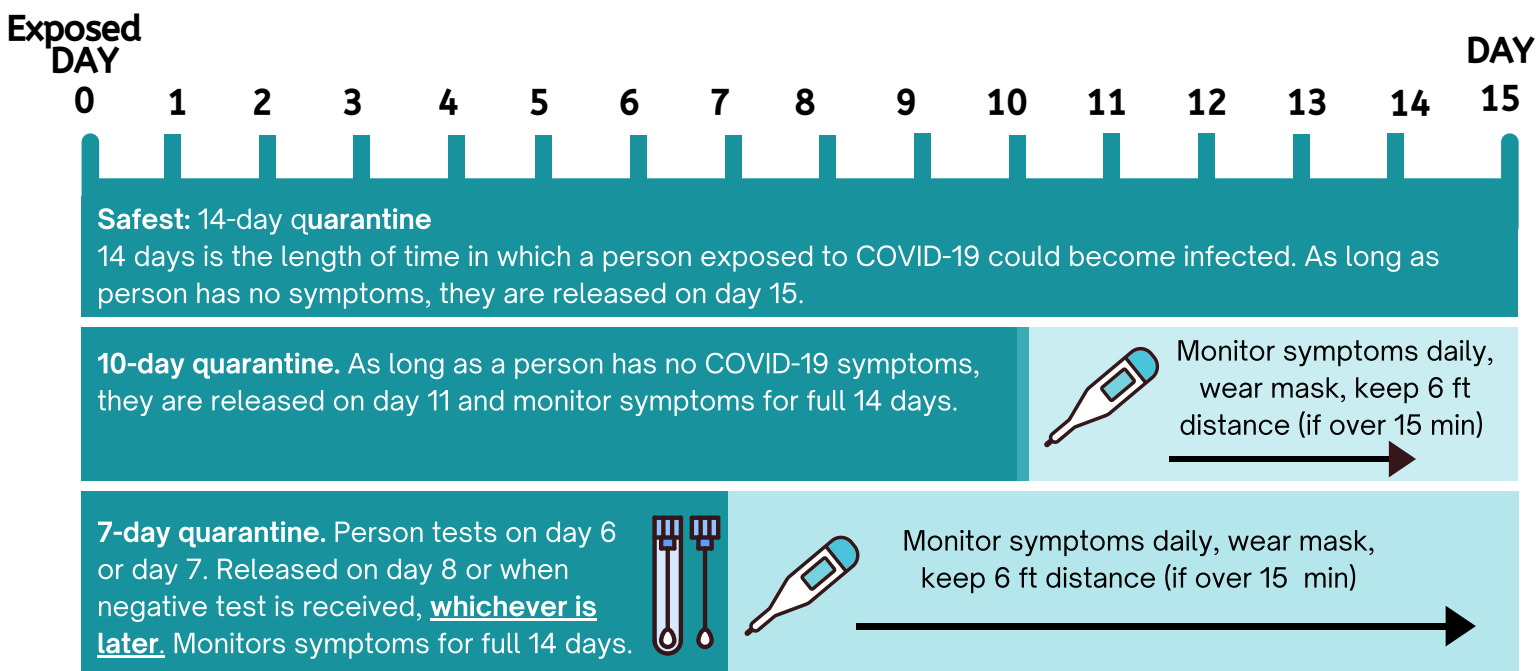- They sneezed, coughed, or somehow got respiratory droplets on you

People who have tested positive for COVID-19 do not need to quarantine or get tested again for up to 3 months after their first positive test, as long as they do not develop symptoms. If they develop symptoms of COVID-19 they should isolate and contact their healthcare provider.

Considerations

A shorter quarantine may not be appropriate in all settings, such as high-risk, group settings (i.e. long-term care facilities, shelters, jails and prisons), healthcare workers, or for individuals who can not do daily symptom monitoring or maintain physical distance from others for the full 14 days. This includes young children and people with special needs who can not report symptoms. **A shorter quarantine may be possible if close contact activities (whether related to social activities, sports, work, etc.) do not happen for the full 14 days after exposure.**

If someone wishes to choose a 10-day or 7-day quarantine with negative test, the Health Department is not able to provide proof of negative test or a letter to end quarantine before 14 days. If you choose to get tested during your quarantine, you can get your test results from the test site where the test was done.

Possible Quarantine Timelines

Exposed
DAY

DAY

0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

Safest: 14-day quarantine
14 days is the length of time in which a person exposed to COVID-19 could become infected. As long as person has no symptoms, they are released on day 15.

10-day quarantine. As long as a person has no COVID-19 symptoms, they are released on day 11 and monitor symptoms for full 14 days.

Monitor symptoms daily, wear mask, keep 6 ft distance (if over 15 min)

7-day quarantine. Person tests on day 6 or day 7. Released on day 8 or when negative test is received, <u>whichever is later.</u> Monitors symptoms for full 14 days.

Monitor symptoms daily, wear mask, keep 6 ft distance (if over 15 min)

Details on Possible Quarantine Timelines

To choose a shorter quarantine, you must be able to:

1. Do daily symptom monitoring through DAY 14
2. Continue to consistently wear a mask
3. Keep 6 ft from anyone you don't live with for the full 14 days after exposure (except for brief contact less than a total of 15 minutes in a day)
4. Immediately isolate and get tested if symptoms develop on or before DAY 14. Anyone with symptoms may only choose the 14-day quarantine

14-Day Quarantine   Safest Option

Quarantine can end after DAY 14 **without testing** and if **no symptoms** have been reported during daily monitoring. This is still the safest option for people who are higher risk, such as long-term care facilities, shelters, jails and prisons, and others that can't monitor or keep distance for the full 14 days.

- Stay home and monitor your health for 14 DAYS after your last contact with a person who had COVID-19
- Watch for fever (100.4 F), cough, shortness of breath, runny nose, sore throat, or other symptoms
- If possible, stay away from others, especially people who are at higher risk
- Release is on DAY 15

10-Day Quarantine   No Symptoms, No Test Option

Quarantine can end after DAY 10 **without testing** and if **no symptoms** have been reported during daily monitoring. During quarantine, you must stay home and monitor your health for 10 DAYS after your last contact with a person who had COVID-19. To be released on DAY 11, you must also:

- Watch for fever (100.4 F), cough, shortness of breath, runny nose, sore throat, or other symptoms for full 14 days
- Get tested and stay home if any symptoms develop at any time
- Keep 6 ft from people you don't live with (except for brief contact less than a total of 15 minutes in a day), especially people who are at higher risk for the full 14 days
- Continue to consistently wear a mask when in public

7+ Day Quarantine   No Symptoms, Negative Test Option

Quarantine can end after DAY 7 with a **negative** PCR test result (preferred) or rapid antigen test and if **no symptoms** were reported during daily monitoring. See testing options here. During quarantine, you must stay home and monitor your health for 7 DAYS after your last contact with a person who had COVID-19. To be released on DAY 8, you must also:

- Get tested on DAY 6 or DAY 7 and remain in quarantine until a result comes back. If the test comes back negative and you have no symptoms, you may return to daily activities on DAY 8.
- Watch for fever (100.4 F), cough, shortness of breath, runny nose, sore throat, or other symptoms for full 14 days
- Get tested and stay home if any symptoms develop at any time
- Keep 6 ft from people you don't live with (except for brief contact less than a total of 15 minutes in a day), especially people who are at higher risk for the full 14 days
- Continue to consistently wear a mask when in public

Household Contacts of Positive Cases

Due to ongoing exposure, people who live in the same household that are unable to completely separate from the person who tested positive are required to quarantine for the entire time the positive person is infectious (in isolation) **plus** an additional 7-14 days. See quarantine options above.

The Eau Claire County COVID-19 webpage will be updated as information is available.